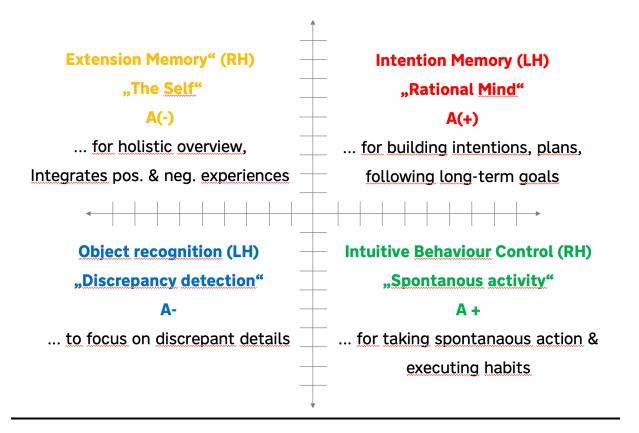
HANDOUTS

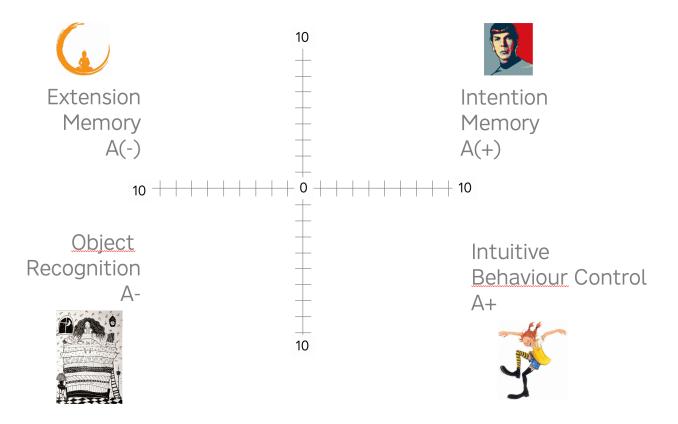
"HOW TO TAKE THE NEXT AFFECTIVE STEP FOR PROMOTING RESILIENCE"



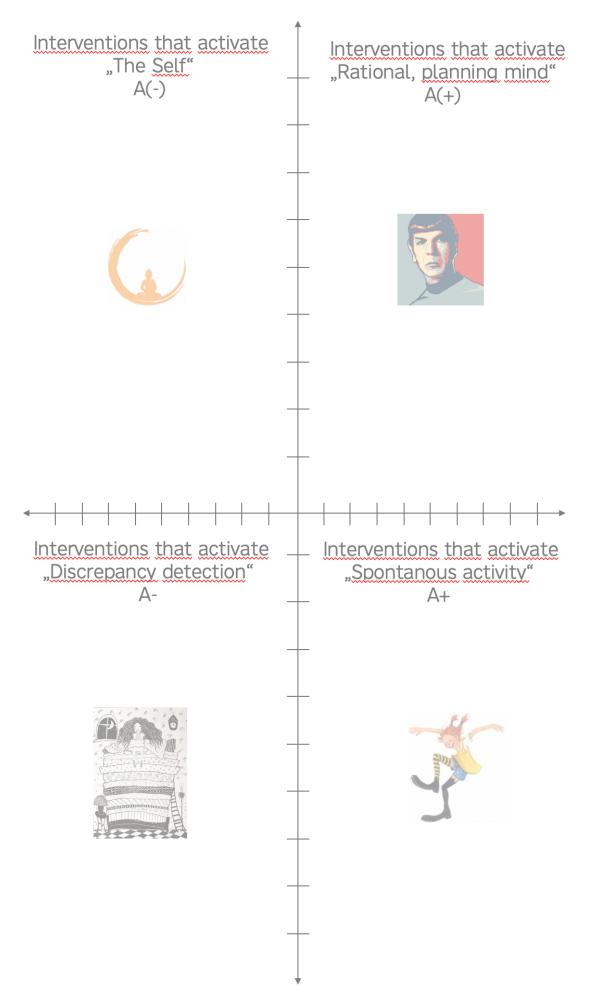
Dr. Bardia Monshi Institute for Vitalpsychology Vienna / Austria <u>b.monshi@ivip.at</u> <u>www.ivip.at</u> 12.12.2019 We love to develop one another.



SELF-EVALUATION



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